



## Be Safe – Prevent Falls Checklist

- ❑ Do regular exercise to improve strength and balance.
- ❑ Ask your care team if conditions you have or medications you take raise your risk for falls. Ask how to lower the risk.
- ❑ Install handrails on both sides of the stairs.
- ❑ Keep stair areas well lit. Install a switch at the top and bottom of the stairs.
- ❑ Make sure that carpet on stairs is nailed down securely.
- ❑ Keep stairs clear of clutter.
- ❑ Install grab bars in the shower, tub, and toilet area.
- ❑ Use a shower bench that has rubber tips on the legs.
- ❑ Before getting in the tub, test the bath water. Make sure it is not too hot.
- ❑ Use a bath mat with suction cups or use nonslip adhesive strips in the tub/shower.
- ❑ Don't use any loose area rugs.
- ❑ Keep lamp switches within easy reach.
- ❑ Arrange furniture so there is a clear path for walking.

- ❑ Test if furniture is sturdy enough to lean on.
- ❑ Clear away phone or electrical wires from walk paths.
- ❑ Use night lights.
- ❑ Only use step stools with handrails.
- ❑ Have snow and icy patches cleared from the sidewalk and steps.

**Note:** Let your health care team know if you have had a fall.

### Other Home Safety Tips

- ❑ Keep emergency phone numbers posted.
- ❑ Stock first aid supplies.
- ❑ Never smoke in bed or when you feel drowsy. Better yet, don't smoke at all!
- ❑ Install smoke alarms. Check them every 6 months. Keep a fire extinguisher in the kitchen and garage.
- ❑ Install carbon monoxide detectors in your home and garage.
- ❑ If you use a space heater, make sure it has an emergency shut off.
- ❑ Plan an escape route in case of fire.

